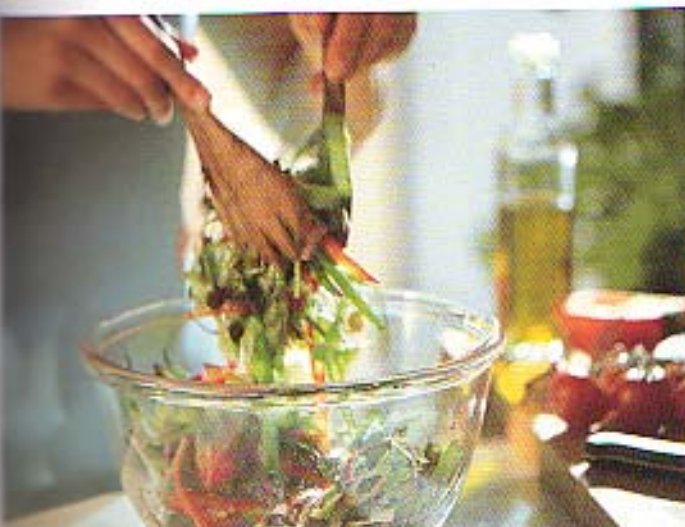


# Contents

Introduction	8	Reducing saturated fat	42
		Proteins for growth	44
		Carbohydrates for energy	46
		Facts about fiber	48
		What are vitamins?	50
		Vitamin directory	52
		Phytochemicals	59
		What are minerals?	60
		Mineral directory	62
<b>Assess your health and lifestyle</b>	<b>10</b>		
The nutrition–energy balance	12		
Look at your lifestyle	14		
Check your physical health	22		
Assess your shape and weight	24		
Do you need to change?	28		
Making changes	30		
<b>Food for life</b>	<b>32</b>	<b>Elements of a healthy diet</b>	<b>68</b>
Why we need food	34	Making the best dietary choices	70
The need for fats	38	Dietary guidelines	72
Good fats, bad fats	40	Wholesome grains	74
		Vegetables for health	76
		Fruits for health	78
		The benefits of dairy	80
		Healthy protein sources	84



Red meat: good or bad?	86	Nutrition for toddlers	122
Poultry for protein	88	Feeding preschool children	124
Fish and shellfish in a healthy diet	90	Nutrition for school-age children	128
Legumes, seeds, and nuts	92	Dietary needs of adolescents	132
Eggs and health	95	Nutrition throughout adulthood	136
The need for fluids	96	Eating for two	138
Foods to eat sparingly	98	Nutritional needs of new mothers	142
Is a vegetarian diet healthier?	100	During and after menopause	144
Eating away from home	102	The extra needs of athletes	146
		The middle-to-later years	150
		Feeling good into old age	154

## Eating for the time of your life

104

When our needs change	106
Fuel for children	108
Your child's growth	110
Food in the first year	114
Benefits of breast milk	116
Feeding your baby formula	118
Introducing first foods	120

## The truth about weight control

156

Why weight control is important	158
Looking at diet plans	162
Diet directory	164
Extra help with weight loss	198
Your personal diet plan	200



Regular exercise and weight loss	202
Children and weight management	206
When you need to gain weight	208



## Food as medicine 210

Improving health through diet	212
Cardiovascular disease	214
Cardiovascular disease and nutrition	218
Respiratory disorders	222
Digestive disorders	226
Nutrition for digestive disorders	228
Disorders of the urinary system	236
Bone and joint disorders	240
Diabetes	246
Nutrition for diabetes	248
Food allergies and intolerances	252
Migraine headache	256
Cancer	258
Vitamin and mineral deficiencies	264
Dietary supplements	266



## The food you buy 272

Nutrition and modern food production	274
How food is preserved	276
Smart shopping	281
How to store food	284
Preserving food at home	286
Food preparation and cooking	288
Food hygiene	292



## Food analysis 294

What is in the food you eat?	296
Useful addresses	326
Index	328
Acknowledgments	335

